

How to Handle Major Problem Behaviors

Follow these steps when your child is doing something harmful or dangerous, like being aggressive, throwing a tantrum, damaging things in the house, or hitting themselves.

1. Stay calm – minimize comments on the behavior, keep your tone of voice down, minimize any damage by taking away items they may be hitting others or themselves with and standing between them and another child they could hurt.
2. Stand your ground – keep your child from getting what they want, don't give them what they're asking for while they're hitting, throwing tantrums, etc.
3. If you were giving them an instruction before they started having major problem behavior...
 - Follow through by guiding them through the task

If they were trying to get something they wanted before they started having major problem behavior...

- Wait for them to be calm, compliment/give attention for being calm, and remind them to ask the right way for what they want (if they can have it now) or tell them when they can have it later or what they can have instead.

“Jimmy, I really like your inside voice. You can ask, ‘Can I have a popsicle, please?’”

“Jimmy, thank you for sitting quietly. You can have fruit snacks today.”